

Groveland Birthday Treat Guidelines 2011

"Healthier Celebrations"

At Groveland, we believe in the importance of recognizing and celebrating student birthdays. In an effort to provide families, teachers and staff a consistent guideline regarding classroom birthday treats, we have put together the following:

- Treats must be store bought.*
- Treats must be pre-made (fruit cut at store, not at home/classroom).
this is in accordance safety guidelines of Minnetonka Food & Nutrition Services.
- No cupcakes, doughnuts, cookies, etc or other foods containing high fructose corn syrup. * If brought to class, they will not be able to be part of the birthday celebration.*

IDEAS FOR BIRTHDAY CELEBRATION TREATS

Birthday Celebration Trays may now be ordered through Minnetonka Nutrition Services! CALL 952-401-5044 and talk to LINDA CHASE.

ITEMS AVAILABLE FROM SCHOOL:

Fruit Tray	Fruit & Cheese
Vegetable Tray	Yogurt Parfaits with Fresh Fruit
Cheese and Cracker Tray	Trail Mix with Popcorn

STORE BOUGHT BIRTHDAY TREATS FROM HOME:

Fruits & Vegetables	Breads and Cereals	Other
Whole or cut fresh fruit	Whole grain crackers	Yogurt tubes
Vegetable sticks	Popcorn	Cheese sticks/slices
Raisins	Pretzels	Nuts or Soy Nuts *
Natural apple sauce	Granola bars*	Frozen yogurt/fruit bars

*If there is a nut allergy in your classroom, you will be notified and provided with a list of “nut free” options.

While food may be part of a birthday celebration other activities also contribute to this festivity and make a child feel special.

OTHER SUGGESTED OPTIONS

Donate a book to the classroom & read it to the class.	Invite a special guest to come to class and read/sing “Happy Birthday”	Get Creative! Talk with the classroom teacher about other simple and appropriate ideas during the school day.
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